

APRIL Calendar



Name:










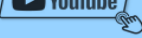
Teacher:

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision). After a student completes a day's activity, an adult should make a check mark and initial in the space provided.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of Spring Break.

Video Fitness Activities	✓ Done	Day	Calendar Activity
Watch this activity demo on 		1	Spring into Action: Find someone to do the Spring Would You Rather? Workout with you.
Watch this activity demo on 		2	Today, we get our workout while we Dance the Alphabets and Sounds .
Watch this activity demo on 		3	Have a Count by 2's Baby Shark Dance Party with a family member.
Watch this activity demo on 		4	Sight Word and Exercise with a family member to get your day started!
Watch this activity demo on 		5	Did you know soda has ~39 grams of sugar? Let's do the Black Panther Fun Run .
Watch this activity demo on 		6	Spring into Action: Find 2 people. Do Exercise to 100 together.
Watch this activity demo on 		7	Do the Minions Rise of Gru Run and Freeze . How many levels can you complete?
Watch this activity demo on 		8	Spring into Action: Find someone to do the Safari Addition Workout Game with you.
Watch this activity demo on 		9	Find a friend for More Sight Words and Exercise to get your day started!
Watch this activity demo on 		10	Spring into Action: Find some to do the Springtime Run and Freeze .



Plan an activity each day with your child. Here are some fun, affordable ideas to get you started...

- Have a campout in the yard. Pitch a tent and barbecue outside.
- Feed the ducks. Find a local pond and don't forget the camera!
- Take a Spring hike adventure to explore science and nature.
- Bring spring inside. Plant flowers in little pots that the kids have decorated.
- Plan an afternoon at a local park. Take a picnic lunch, kites, balls & bats for a softball game.
- Set up an obstacle course in the house or backyard.